

V RUNDA KLUBOWEGO PUCHARU POLSKI W PŁYWANIU W PŁETWACH
Chodzie , 23- - 24-11-2019

Konkurencja 12
2019-11-23 - 12:55

M czyzn, 400m BF

Open
Wyniki

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.
KAT. E			
1. ZIEMNIAK Seweryn	08	4:40.11	
50m: 30.69 30.69	150m: 1:42.13 35.93	250m: 2:55.26 35.97	350m: 4:07.05 35.24
100m: 1:06.20 35.51	200m: 2:19.29 37.16	300m: 3:31.81 36.55	400m: 4:40.11 33.06
2. RZEPKO Wojciech	08	5:09.99	
50m: 35.08 35.08	150m: 1:55.32 39.86	250m: 3:16.59 40.87	350m: 4:35.22 39.10
100m: 1:15.46 40.38	200m: 2:35.72 40.40	300m: 3:56.12 39.53	400m: 5:09.99 34.77
3. LISAKOWSKI Oskar	08	5:10.22	
50m: 34.97 34.97	150m: 1:54.98 39.98	250m: 3:14.36 39.52	350m: 4:33.45 39.12
100m: 1:15.00 40.03	200m: 2:34.84 39.86	300m: 3:54.33 39.97	400m: 5:10.22 36.77
4. MARGOL Kacper	10	5:14.23	
50m: 36.37 36.37	150m: 1:55.22 39.56	250m: 3:15.79 40.20	350m: 4:35.25 39.69
100m: 1:15.66 39.29	200m: 2:35.59 40.37	300m: 3:55.56 39.77	400m: 5:14.23 38.98
5. KONKEL Albert	10	5:25.29	
50m: 34.27 34.27	150m: 1:55.11 40.12	250m: 3:17.90 40.88	350m: 4:42.63 44.00
100m: 1:14.99 40.72	200m: 2:37.02 41.91	300m: 3:58.63 40.73	400m: 5:25.29 42.66
6. GORZYCKI Filip	09	5:29.30	
50m: 33.62 33.62	150m: 1:58.00 42.73	250m: 3:24.48 43.56	350m: 4:51.50 43.47
100m: 1:15.27 41.65	200m: 2:40.92 42.92	300m: 4:08.03 43.55	400m: 5:29.30 37.80
7. ROZGO SKI Kacper	09	5:53.76	
50m: 36.73 36.73	150m: 2:05.80 45.56	250m: 3:36.63 46.60	350m: 5:08.72 47.24
100m: 1:20.24 43.51	200m: 2:50.03 44.23	300m: 4:21.48 44.85	400m: 5:53.76 45.04
8. NECEL Jeremiasz	08	5:57.07	
50m: 38.45 38.45	150m: 2:07.72 45.71	250m: 3:39.14 45.80	350m: 5:10.90 45.94
100m: 1:22.01 43.56	200m: 2:53.34 45.62	300m: 4:24.96 45.82	400m: 5:57.07 46.17

KAT. D

1. GRUDZI SKI Karol	06	4:04.39	
50m: 26.61 26.61	150m: 1:27.78 31.27	250m: 2:30.97 31.66	350m: 3:34.02 31.60
100m: 56.51 29.90	200m: 1:59.31 31.53	300m: 3:02.42 31.45	400m: 4:04.39 30.37
2. PUKAS Mikołaj	06	4:09.33	
50m: 27.52 27.52	150m: 1:28.48 31.11	250m: 2:33.05 32.20	350m: 3:37.65 32.18
100m: 57.37 29.85	200m: 2:00.85 32.37	300m: 3:05.47 32.42	400m: 4:09.33 31.68
3. MATYJEWICZ Michał	06	4:12.37	
50m: 27.04 27.04	150m: 1:28.46 31.42	250m: 2:33.05 32.67	350m: 3:39.91 33.77
100m: 57.04 30.00	200m: 2:00.38 31.92	300m: 3:06.14 33.09	400m: 4:12.37 32.46
4. CZERWI SKI Bartosz	06	4:28.32	
50m: 28.81 28.81	150m: 1:34.72 33.86	250m: 2:44.94 35.70	350m: 3:55.13 35.05
100m: 1:00.86 32.05	200m: 2:09.24 34.52	300m: 3:20.08 35.14	400m: 4:28.32 33.19
5. MARKIEWICZ Karol	07	4:28.49	
50m: 31.08 31.08	150m: 1:38.95 34.73	250m: 2:47.96 34.08	350m: 3:56.30 33.71
100m: 1:04.22 33.14	200m: 2:13.88 34.93	300m: 3:22.59 34.63	400m: 4:28.49 32.19
6. BANASZEWSKI Kacper	06	4:42.89	
50m: 30.58 30.58	150m: 1:43.62 38.71	250m: 2:55.79 36.15	350m: 4:08.11 36.37
100m: 1:04.91 34.33	200m: 2:19.64 36.02	300m: 3:31.74 35.95	400m: 4:42.89 34.78
7. UKOWSKI Mateusz	07	4:48.72	
50m: 31.90 31.90	150m: 1:46.46 37.69	250m: 3:02.90 38.23	350m: 4:15.64 35.12
100m: 1:08.77 36.87	200m: 2:24.67 38.21	300m: 3:40.52 37.62	400m: 4:48.72 33.08
8. D BROWSKI Marcin	07	4:48.95	
50m: 32.14 32.14	150m: 1:46.67 37.94	250m: 3:03.19 38.24	350m: 4:17.76 36.71
100m: 1:08.73 36.59	200m: 2:24.95 38.28	300m: 3:41.05 37.86	400m: 4:48.95 31.19

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Konkurencja 12, Chłopców, 400m BF, KAT. D

Pozycja		Rok ur.						Czas	Pkt.
9.	BI KOWSKI Krzysztof	07	UKS Manta Ko cierzyna					5:13.16	
	50m: 34.39 34.39	150m: 1:56.58	42.00	250m: 3:16.46	38.25	350m: 4:36.19	40.69		
	100m: 1:14.58 40.19	200m: 2:38.21	41.63	300m: 3:55.50	39.04	400m: 5:13.16	36.97		
10.	RUDNICKI Hubert	06	Laguna 24 Toru					5:15.45	
	50m: 32.29 32.29	150m: 1:50.29	40.16	250m: 3:12.68	42.33	350m: 4:36.42	41.89		
	100m: 1:10.13 37.84	200m: 2:30.35	40.06	300m: 3:54.53	41.85	400m: 5:15.45	39.03		

KAT. C

1.	GRABOWSKI Radosław	05	UKS Delfinek Chodzie					3:46.92	
	50m: 25.45 25.45	150m: 1:21.40	28.07	250m: 2:17.57	27.93	350m: 3:18.39	31.04		
	100m: 53.33 27.88	200m: 1:49.64	28.24	300m: 2:47.35	29.78	400m: 3:46.92	28.53		
2.	POPIOŁEK Kacper	05	Swimland Olsztyn					3:51.19	
	50m: 25.64 25.64	150m: 1:22.99	29.17	250m: 2:22.63	30.21	350m: 3:22.55	30.04		
	100m: 53.82 28.18	200m: 1:52.42	29.43	300m: 2:52.51	29.88	400m: 3:51.19	28.64		
3.	ENDA Wiktor	05	OSN Amfiprion Olecko					3:57.92	
	50m: 25.36 25.36	150m: 1:24.15	29.74	250m: 2:26.06	31.28	350m: 3:29.45	31.70		
	100m: 54.41 29.05	200m: 1:54.78	30.63	300m: 2:57.75	31.69	400m: 3:57.92	28.47		
4.	MARGOL Oskar	05	UKS Delfin Władysławowo					4:07.29	
	50m: 26.87 26.87	150m: 1:27.81	30.97	250m: 2:31.18	31.27	350m: 3:37.38	33.15		
	100m: 56.84 29.97	200m: 1:59.91	32.10	300m: 3:04.23	33.05	400m: 4:07.29	29.91		
5.	WIELOCH Igor	05	UKS TRYTON Olecko					4:09.36	
	50m: 27.68 27.68	150m: 1:30.04	31.45	250m: 2:33.82	31.70	350m: 3:38.63	32.40		
	100m: 58.59 30.91	200m: 2:02.12	32.08	300m: 3:06.23	32.41	400m: 4:09.36	30.73		
6.	KASZKIEL Tomasz	04	OSN Amfiprion Olecko					4:09.56	
	50m: 26.93 26.93	150m: 1:29.41	32.01	250m: 2:33.78	31.62	350m: 3:38.99	32.85		
	100m: 57.40 30.47	200m: 2:02.16	32.75	300m: 3:06.14	32.36	400m: 4:09.56	30.57		
7.	RUTKOWSKI Szymon	05	UKS TRYTON Olecko					4:11.65	
	50m: 26.91 26.91	150m: 1:31.42	33.23	250m: 2:38.27	33.81	350m: 3:44.99	32.97		
	100m: 58.19 31.28	200m: 2:04.46	33.04	300m: 3:12.02	33.75	400m: 4:11.65	26.66		
8.	BYSTRON Franciszek	04	UKS Manta Ko cierzyna					4:13.35	
	50m: 26.39 26.39	150m: 1:29.15	32.20	250m: 2:35.97	33.41	350m: 3:43.01	33.49		
	100m: 56.95 30.56	200m: 2:02.56	33.41	300m: 3:09.52	33.55	400m: 4:13.35	30.34		

KAT. B

1.	MASALSKI Paweł	02	OSN Amfiprion Olecko					3:40.44	
	50m: 24.70 24.70	150m: 1:19.55	27.88	250m: 2:15.78	28.24	350m: 3:11.71	28.02		
	100m: 51.67 26.97	200m: 1:47.54	27.99	300m: 2:43.69	27.91	400m: 3:40.44	28.73		
2.	KROPIDŁOWSKI Szymon	02	UKS Manta Ko cierzyna					3:42.32	
	50m: 25.53 25.53	150m: 1:21.09	28.16	250m: 2:18.88	28.66	350m: 3:16.10	28.45		
	100m: 52.93 27.40	200m: 1:50.22	29.13	300m: 2:47.65	28.77	400m: 3:42.32	26.22		
3.	KOLI SKI Michał	03	UKS Manta Ko cierzyna					3:46.40	
	50m: 24.71 24.71	150m: 1:22.36	29.36	250m: 2:20.76	28.74	350m: 3:18.93	28.94		
	100m: 53.00 28.29	200m: 1:52.02	29.66	300m: 2:49.99	29.23	400m: 3:46.40	27.47		
4.	BICKI Tomasz	02	UKS Manta Ko cierzyna					4:25.82	
	50m: 26.92 26.92	150m: 1:31.54	33.36	250m: 2:38.42	33.60	350m: 3:44.80	32.27		
	100m: 58.18 31.26	200m: 2:04.82	33.28	300m: 3:12.53	34.11	400m: 4:25.82	41.02		
5.	PINDERA Ziemowit	03	UKS Manta Ko cierzyna					4:39.30	
	50m: 28.59 28.59	150m: 1:34.92	34.20	250m: 2:47.94	37.16	350m: 4:03.09	37.76		
	100m: 1:00.72 32.13	200m: 2:10.78	35.86	300m: 3:25.33	37.39	400m: 4:39.30	36.21		

V RUNDA KLUBOWEGO PUCHARU POLSKI W PŁYWANIU W PŁETWACH
Chodzie , 23- - 24-11-2019

Konkurencja 12, M czyzn, 400m BF

KAT. A

1.	KŁAK Marcin			01	KP Płetwal Szczytno				3:42.63			
	50m:	24.64	24.64	150m:	250m:	2:17.81	28.72	350m:				
	100m:	51.92	27.28	200m:	300m:	2:46.98	29.17	400m:	3:42.63			
2.	KURIN Evgeny			00	OSN Amfiprion Olecko				3:43.05			
	50m:	25.06	25.06	150m:	28.62	250m:	2:19.21	28.87	350m:	3:17.19	28.72	
	100m:	52.81	27.75	200m:	1:50.34	28.91	300m:	2:48.47	29.26	400m:	3:43.05	25.86